



The

Dish

With the
GWAAR
Nutrition Team



Week of November 14, 2022

Where in the World is the GWAAR Nutrition Team?

Pam VanKampen and Lori Fernandez attended the Meals On Wheels America Conference in Baltimore, Maryland. They participated in sessions about delivery expansion, serving the underserved and many others. We plan on sharing these great topics and their knowledge with you in upcoming peer sharing calls.



Indigenous Food Taste Testing

In October, elders from the Lac Courte Oreilles (LCO) tribe taste-tested indigenous foods made by the GWAAR nutrition team before their Bingo game. Elders rated the Baked Apple and Fall Celebration Salad as favorites. Thanks to the LCO staff for helping prepare, serve, and enjoying the food!



Fall Training Nov 15 Now Includes Virtual Option

Join us for a virtual option of the Fall Training on November 15! This person is being held in person in Hayward, but you may also attend via Zoom. Please log in to the meeting at 8:50 am so we can be ready to start at 9 am. Please note the new call in information.

Zoom Meeting Link: [https://us06web.zoom.us/j/89787422560?](https://us06web.zoom.us/j/89787422560?pwd=RIU0QlhEWmg1M0xoMm9Ea3k5SFNEdz09)

[pwd=RIU0QlhEWmg1M0xoMm9Ea3k5SFNEdz09](https://us06web.zoom.us/j/89787422560?pwd=RIU0QlhEWmg1M0xoMm9Ea3k5SFNEdz09)

Meeting ID: 897 8742 2560

Passcode: 400673

Call In: (646) 931-3860

Cultural Meals and Educational Events

Jackson County Hosted their first ever Community & Culture - Dinner After 5. The aim is to explore the culture and cuisine of local Jackson County populations! There were 31 people in attendance and was their first cultural experience was with the Ho-Chunk Nation. Michelle Greendeer - Rave, who is a Jackson County Board and ADRC Advisory Member, spoke to the group. The next event will be in February 2023. For more information contact Lyn Gates at Lynette.Gates@Jacksoncountywi.gov.

Community & Culture

Dinner After Five

Join us for our first ever Community & Culture - Dinner After 5. We will explore the culture & cuisine of local Jackson Co. populations!

This event is hosted by the ADRC's Senior Nutrition Program.

Participants must be 60 or older. Suggested donation of \$5.00

Call to register with us at 715-284-3978

